GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

How to Have Better Baked Goods

The back to basics trend in cooking is seeing more and more women taking pride in turning out creative "made from scratch" baked goods.

Temperature is critical, but bakeware is vitally important as to how a recipe will turn out. The type and condition of the utensil are also important factors.

Bakeware is made of aluminum, heat resistant glass and ceramics, enamel metal, tin, stainless steel, cast iron or earthenware. The selection of a utensil, whether it is a cake or pie pan, cookie sheet, cupcake, biscuit or muffin pan, should fit the recipe. In too small a pan, batter or dough will overflow. If the pan is too large, contents will bake too hard and fast. Consideration should also be given to the easy to wash features, seamless, smooth construction, rounded corners and non-stick finishes.

Shiny metal pans reflect heat and produce cakes, cookies and biscuits with a light crust. Dull or darkened bakeware, glass utensils and those with a colored exterior finish absorb heat and generally produce baked goods with a darker crust. If you have a darkened or dull pan, you should reduce your oven temperature by 25 degrees.

New pans should always be washed in hot suds and rinsed well before use. Then for easy removal of food particles, wash thoroughly soon after baking when the pan has cooled. Do not put a hot pan in sudsy water because this will cause your pan to warp. Pre-soaking in hot suds will help loosen baked-on crust in pans. You should avoid scratching with a piece of metal such as a knife your bakeware pans.

With age, stains and other discolorations, your aluminum utensils will soon look old. These can be renewed or removed by boiling a solution of two to three tablespoons of lemon juice, vinegar or cream of tarter to a quart of water and the utensil for five to ten minutes. Then wash thoroughly, rinse and dry. This will improve the looks of your aluminum utensils and make them look like new.

A commercial stainless steel cleaner will help to remove stubborn burn marks on the interior of stainless steel bakeware. It will also help rid the utensil of the heat tint, the rainbow like discoloration caused by high heat.

Cast iron should be presesoned before use. Cast iron utensils are most popular now because many of us are returning to the use of the wood stove. Wash the cast iron utensil thoroughly, rinse and dry. Coat the inside surface with cooking oil or shortening (unsalted). Heat in a moderate oven for about two hours. After removing the bakeware, wipe away excess grease. Hot sudsy water is all that is needed for continual care. Thorough drying is important to prevent rusting. To reseason cast iron, scour thoroughly the utensil and repeat the seasoning procedure. Cast iron utensils with porcelain enamel interiors do not need seasoning. Please be cautious about this because many of our cast iron utensils have the porcelain enamel interiors today.

Tin darkens with use and age, and this is a process that we cannot reverse. Therefore, the baking qualities of tin will change. A dark pan will yield a much browner product than a shiny tin pan. Tin does have a tendency to warp, if subjected to sudden temperature changes, and a warped pan will not bake evenly. Be sure not to put a tin pan in water when it is still hot.

Many baked interiors are coated with a non-stick finish. Generally besides washing these should be conditioned before initial use by rubbing with cooking oil and follow the manufacturer's instructions. Do not oil a tubed angel food cake pan. Angel food batter must cling to the sides of the pan during baking.

Most manufacturers recommend using nylon, hard rubber, plastic or wooden kitchen tools on non-stick finishes. A nylon or plastic scrubber and suds can be used to help remove burned-on foods from glass and aluminum to prevent scratching the surfaces. Scratching of bakeware finishes can also be limited by storing pans singlely in vertical slots or by placing paper towels between them.

Get the most out of your bakeware. Choose durable utenils in sizes suitable for your baking needs. Use recommended temperatures and follow the manufacturer's recommendation for usage. Your bakeware will last longer with proper care, and think how good those made from scratch goodies are when you pull them out of your oven.

If you have a homemaking question or problem, you may call or write the Appomattox County Extension Office. Our phone number is 352-8244 and our post office is 488. Have a good week, homemakers!

RECIPE OF THE WEEK
Mrs. Babcock's Creamed Cabbage Casserole

Cut medium fine 1 fresh green cabbage (2 to 2½ pounds). Boil cabbage in salted water (1 teaspoon salt to 1 qt. water) for about 15 minutes or until tender. Do not cook until the cabbage is soft.

Drain well and put ⅓ cabbage into baking dish. Add a layer of white sauce, then another layer of cabbage and white sauce.

Top with 1½ to 2 cups buttered bread crumbs which have been slightly browned and crumbled finely. This casserole can be refrigerated until ready for serving, then it can be put into a 300 degree oven and warmed for approximately 20 minutes - or until hot.

The white sauce recipe is as follows:
2 cups milk
4 tablespoons flour
1 stick butter or margarine
½ teaspoon salt
½ teaspoon pepper

Melt butter in saucepan, add salt, pepper and flour. Mix well. Add milk and stir until thickened and smooth.

This delicious creamed cabbage casserole is a favorite of Mrs. Annie Laurie Babcock's. All of us know of Mrs. Babcock's excellent reputation as a great cook. Many thanks to her for sharing this delicious casserole with us.

APPOMATTOX COUNTY HIGH SCHOOL
1978 Boys Tennis Schedule

April 3	Rustburg	Away	3:00
April 4	W. Campbell	Home	3:00
April 7	Altavista	Away	3:00
April 10	Brookville	Home	3:00
April 12	J. Forest	Away	3:00
April 14	Liberty	Home	3:00
April 20	Gretna	Home	3:00
April 24	W. Campbell	Away	3:00
April 26	Rustburg	Home	3:00
May 1	Altavista	Home	3:00
May 3	Brookville	Away	3:00
May 5	J. Forest	Home	3:00
May 8	Liberty	Away	3:00
May 11	Dis. Tourna.		

APPOMATTOX COUNTY HIGH SCHOOL
1978 Girls Track Schedule

April 7	Buckingham	Home	3:00
April 11	Rustburg	Home	4:00
April 13	Brookville	Away	4:00
April 21	Liberty	Home	4:00
April 26	Gret., W. Camp	Away (Gretna)	4:00
May 2	Amherst	Home	4:00
May 9	Nelson, Forest	Away (Nelson)	4:00
May 13	Dis. Track M.	E. C. Glass	

*Boys - Girls Meet Same Site

APPOMATTOX COUNTY HIGH SCHOOL
1978 Boys Track Schedule

April 5	Liberty	Away	4:00
April 7	Buckingham	Home	3:00
April 12	Rustburg	Away	4:00
April 19	Brookville	Home	4:00
April 25	Gretna	Home	4:00
April 27	W. Campbell	Home	4:00
May 2	Amherst	Away	4:00
May 9	Nelson, Forest	Home	4:00
May 13	Dis. Track		
May 13	Dis. Track M.	E. C. Glass	

*Boys and Girls Meet - same site

APPOMATTOX COUNTY HIGH SCHOOL
1978 Girls Tennis Schedule

April 3	Rustburg	Home	3:00
April 4	W. Camp.	Away	3:00
April 7	Altavista	Home	3:00
April 10	Brookville	Away	3:00
April 12	J. Forest	Home	3:00
April 24	W. Campb.	Home	3:00
April 26	Rustburg	Away	3:00
May 1	Altavista	Away	3:00
May 3	Brookville	Home	3:00
May 5	J. Forest	Away	3:00
May 11	Dis. Tourna.		

APPOMATTOX COUNTY HIGH SCHOOL
1978 Softball Schedule

April 4	Nelson County	Away	4:30
April 5	Liberty	Away	4:30
April 7	Brookville	Away	4:30
April 11	W. Campb.	Home	4:00
April 12	Gretna	Away	4:30
April 14	*Nelson County	Home	4:30
April 18	*W. Campb.	Away	4:00
April 21	*Altavista	Away	4:30
April 25	*Gretna	Home	4:30
April 28	*Brookville	Home	4:30
May 2	*Rustburg	Away	4:30
May 5	*J. Forest	Away	4:30
May 9	*Amherst	Home	4:30
May 12	*Liberty	Home	4:30

*Denotes games to count in District Standings

APPOMATTOX COUNTY HIGH SCHOOL
1978 Baseball

March 27	Ran. Henry	Away	3:00
March 28	Buckingham	Home	4:00
March 31	Rustburg	Away	4:00
April 4	Nelson C.	Home	4:30
April 5	Liberty	Home	4:30
April 7	Brookville	Home	4:30
April 11	W. Campbell	Away	4:00
April 14	**Nelson C.	Away	4:00
April 18	**W. Campbell	Home	4:00
April 21	**Altav.	Home	4:30
April 25	**Gretna	Away	4:30
April 26	R. Henry	Home	4:00
April 28	**Brookv.	Away	4:30
May 2	**Rustburg	Home	4:00
May 5	**J. Forest	Home	4:30
May 9	**Amherst	Awayu	4:30
May 11	Buckingham	Away	7:30
May 12	**Liberty	Away	4:30

**Denotes games to count in District Standings

APPOMATTOX COUNTY HIGH SCHOOL
1978 Golf Schedule

April 12	Brookville	Home	4:00
April 19	Altavista	Home	4:00
April 24	Liberty	Away	4:00
April 26	Rustburg	Away	4:00
May 1	Nelson County	Home	4:00
May 3	J. Forest	Away	4:00

Capitol Comments

BY DAN DANIEL

WASHINGTON, March 15 - This is a statement about taxes. It is not the first we have prepared in recent weeks, nor will it be the last. For there is no more potentially serious problem confronting the nation today - and we have many - than the matter of taxation.

We have mentioned before various proposals I have sponsored to exclude certain categories of income from taxation. Today's topic is somewhat different. It is the matter of the federal income tax itself.

Indexing is not a new idea and under many circumstances, indexing is not desirable. It was first suggested almost 150 years ago by a group of British economists as a response to the rise and fall of prices following the Napoleonic Wars. It is practiced today in this country in a number of areas. Some collective bargaining agreements include cost-of-living escalator clauses. Federal salaries are indexed, as are certain other government programs. In fact, some 63 percent of federal outlays are either totally or partially tied to increases in the cost of living.

It can therefore be properly said that indexing of federal taxes is an idea whose time has come.

Simply stated, the personal exemption, standard deduction, and low - income allowance would be expressed not in dollars, as is now the case, but would be multiplied each year by the percentage increase in the cost of living. As an example, assume the program were instituted today, and assume the cost of living were to rise 10 percent (not because I think it will, but because it is easy to work with). The present $750 personal exemption would become $825; the $2,200 standard deduction for a single person would become $2,420. As the cost of living rises, these figures would rise. If by some miracle the cost of living declines, the figures would drop.

It has been said that with inflation, there are only losers; there are no winners. Well, this is not exactly true. There is a winner - a big winner. It is the Federal Treasury. For as inflation grows, the number of dollars in the federal coffers increases. Let me give you another example: If you earn $5,000 today and the rate of inflation is 7 percent, five years from now you will need an income of $7,013 just to keep even in real income. On $5,000, your tax rate would be $98; on $7,013, your tax would be $404. Your purchasing power in pretax dollars has stayed even; but here's the eye-opener - your taxes have risen 312 percent!

Somebody has figured that a 25-year-old who takes a $15,000 a year job in 1980 will have to make $240,000 a year by the time he reaches retirement age in 2020 to say even.

Now take a look at the "big picture." A $17 billion tax cut has been proposed, to offset the effects of the new Social Security and energy taxes ($12.4 billion) and to provide economic stimulus ($4.6 billion). If you add in the effect of "taxflation", an additional $15.4 billion will be removed from the taxpayers' pockets. Add it all up, subtract the $17 billion, and American taxpayers are still $8.8 billion in the hole.

It is little wonder, then, that some of the biggest spenders in Congress are so willing to cut taxes in a piecemeal, year-by-year fashion. They know full well that a tax cut sounds good in the headlines, but means little or nothing to the taxpayers.

For this reason I was among the first Members of Congress to sponsor legislation to index the federal income tax system.

The Tax Code is onerous, but it is the law, and in a civilized society the law must be obeyed until it is changed. But there is a point beyond which people cannot be driven without destroying incentive and breeding a feeling of helplessness and hopelessness.

This nation was made what it is today by people who believed that honest effort should be, and would be rewarded. When this belief withers, little else is left. This trend must be reversed.

newsworthy trends

INFLATION

Inflation rates are gradually being reduced.

Professor Lawrence R. Klein at the Wharton School, University of Pennsylvania, forecasts that for 13 industrialized countries, the combined inflation rate appears to be sliding from 7.4 percent in 1977 to 6.4 percent in 1979.

Professor Klein is coordinator of Project LINK, a research group that brings together data from all over the world.

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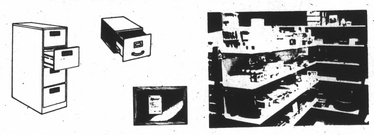

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- CHALK BOARDS
- CHALK
- PAPER PUNCHES
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- LEDGERS
- NOTEBOOK
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- PAPER CLIPS
- RUBBER BANDS
- SHEET PROTECTORS
- CLIP BOARDS
- STENO PADS
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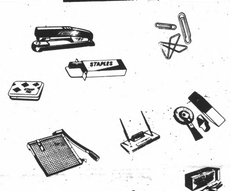
- INVENTORIES
- TYPING PAPER
- CORRECTAPE
- EXPHORIMBE HOME FILES



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F-250 4x4: "The editors of *Off-Road* spent many months with this new Ford product. Our conclusion: it earned its place as a vehicle-of-the-year recipient."

Ford F-250 4x4
Winner of the Truck of the Year award from *Off-Road* magazine, August, 1977

Ford Bronco
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Ford Econoline Van
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